

The Posten

May 2019

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Desert Fjord Lodge 6-133

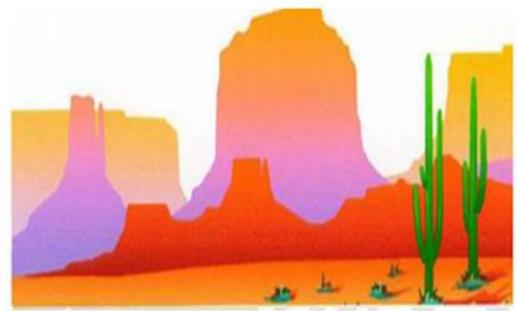
P O Box 1716

Scottsdale, AZ 85252-
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SONS OF NORWAY

Desert Fjord Lodge



President's Column

This month we gather to celebrate Syttende Mai (Norwegian Constitution Day) with members of other lodges, members of Norwegians World-wide (Nordmanns-Forbundet) and a contingent of the Royal Norwegian Air Force in training at Luke Air Force Base. It's a festive time with food and fun for everyone. Come out and enjoy the morning, celebrating a very important day on the Norwegian calendar. *(see full details on page 8)*



Our lodge conducted a member survey earlier this year; the purpose was to see how we're doing—the good, the bad and the ugly. We include here a summary of the important findings from the membership sample ... for your reading enjoyment!

Last month at our Heritage and Cultural meeting Nina Poe told us how Easter is observed in Norway. That was interesting indeed. On our menu there were mashed rutabagas prepared by our member and caterer, Shannon Prondzinski. Lo and behold, this has been a favorite item in Scandinavian cuisine for hundreds of years. Nina was kind to look up a good recipe to share with us ... now we can all try our hand making up this popular Nordic dish.

We have recently lost a longtime Sons of Norway member, Reidar Gabrielson. Read all about his life and accomplishments on page 5. I rather wish I had been involved with the lodge earlier on, so I could have gotten to know him better. May God comfort his family and bless his memory!

Our Librarian for the past while, Arlys Medicott, has become the new president of Overtro Fjell lodge in Mesa. She can no longer continue to work with us as librarian. We thank her for her service and wish her well in her new responsibilities! ***(If you're interested to work with our fine library, please give me a call.)***

Velkommen

Business Meeting at 1 pm, Saturday, May 4th

Scottsdale United Methodist Church, 4140 North Miller Rd, Scottsdale, AZ



Recent Member Survey

by Ed Bergo

The findings of our recent lodge survey are summarized here in their order of importance:

- **Programming**

The survey clearly showed that Desert Fjord **members are most attracted by the monthly programs**. They rate the programs high and prefer educational and informative programs about Norway presented by guest speakers. Programming could be expanded to include more current events and travel information, too.

- **Catering**

The Scandinavian **meals are next in importance**. When specifically asked about cost, three-quarters of our sample said that the price was reasonable. This figure includes \$5 for rent of the Masonic Lodge dining facility and \$10 for the catered meal. When we consider less formal meals, members suggest that they serve dessert and coffee at a lower price. There is real interest in having 1-2 special meals (e.g. Torsk) and charging a premium for those.

- **Socializing**

The opportunity to **socialize with each other is important** to our members. There is also a concern that visitors and new members may not feel welcome. We should make a special effort to identify and welcome visitors and new members. There is a real interest in having more younger members and families join us.

Who responded to the January / February online survey? A total of 40 of our current members took part in the survey. We anticipated that they are valid representatives of our current membership – 140 adults and children.

Mange tusen takk to all who took part in our lodge survey!



Up with rutabagas, "the orange of the north"

October 20, 2016



Photo: Tim Sackton / Flickr

The humble yet strangely beautiful rutabaga.

Terje Birkedal
Anchorage, Alaska

The rutabaga has few advocates in the United States and most Americans don't even know what rutabagas are when they see them in the store. Many think they are weird turnips, and a number of store cashiers have asked me what in the world I do with them.

But the rutabaga has enjoyed a long history in Scandinavian cuisine, at least going back to the 17th century. It is a root vegetable that originated from a cross (some say accidental) between cabbage and turnip. In Scandinavian stores they are usually the size of softballs, while in the U.S. the ones you see are generally smaller, about the size of baseballs. Rutabagas sport purple tops and yellow bodies. Their flesh possesses a rich yellow color with a hint of sweetness.

I suspect that like potatoes, the rutabaga's popularity in Scandinavia over the last several hundred years lies in their ability to grow in colder soils. The Little Ice Age which brought very cold, harsh weather conditions to Europe between 800 and 150 years ago made growing grains much more difficult for Nordic people. One solution was to turn to the cold-loving potato and its rooty companion, the rutabaga, for much of their daily nutrition. So the Scandinavians embraced the rutabaga as a valued food in their diet, unlike the people of France and Southern Europe who thought of it as only fit for animal fodder. It is not an

(continued on page 3)

Up with rutabagas, “the orange of the north” (*cont’d*)

accident that when the rutabaga eventually made its way to England, it immediately became known by the name "swede."

The word *rutabaga* itself derives from the original Swedish term for the root, *rotabagge* (translates as something like "stumpy root"). Norwegians call it *kalrot* (cabbage root) or *kalrabi*. It is a common food there and may be on the dinner menu two or three times in any given week.

The Norwegian nickname for the rutabaga is "Nordens Oransje" (Orange of the North). This name comes from the recognition that this root is packed with Vitamin C. It is also rich in Vitamin A, calcium, and healthy fiber. However, it does not contain much in the way of calories or carbohydrates, which could be seen as a good thing in our modern diet.

Most Scandinavians eat their rutabagas mashed up. The Norwegians call this mashed-up rutabaga *kalrabistappe*. You can mash it by itself with a little cream, butter, and nutmeg or you can add carrots or potatoes, or both, to the mash. All are good and there are many recipes available online or in Scandinavian cookbooks. Kalrabistappe goes really well with pinnekjøtt (dried and salted ribs of lamb or mutton), sausage, ham, or other dinner meats.

Now that I have whet your appetite for rutabaga, I'll conclude with a basic kalrabistappe. Yum!

Mashed Rutabagas / Kalrabistappe

Courtesy of Lillian Laila Owren of Kristiansand, Norway

2 lbs kalrabi (rutabaga)

2 carrots (medium sized)

1 quart water

1 tsp. salt or 1 cube vegetable boullion

1/4 cup light whipping cream

2 tbsps. butter

1/4 tsp. pepper

1/4 tsp. nutmeg

Peel and cut kalrabi and the carrots in small pieces.

Add salt or boullion to water, and boil the kalrabi and carrots in water until soft. Drain, reserving 1 cup of water.

Mash the kalrabi and carrots.

Stir in cream, butter, pepper, and nutmeg. Add salt and maybe a dash of the reserved liquid, to taste.



A loving husband. A devoted father. A devout Catholic. A proud Norwegian. A brilliant engineer. A veteran of World War II. Reidar G. Gabrielson, 95, went to meet his Savior on April 28, 2019. He was reunited with Jean Julia Ryan, the first love of his life, and his beloved daughter, Nancy. Reidar was born on April 14, 1924, in Virginia, Minnesota, to Nellie (Bangsund) and Olaf Gabrielson. He graduated from Roosevelt High School in 1941, and attended Virginia Junior College from 1941-1943. On August 25, 1943, he was inducted into the Army at Fort Snelling, Minnesota, and served in the Armed Forces Radio Service in the Pacific until February 15, 1946. In 1948, he graduated from the University of Minnesota with a Bachelor's Degree in Electrical Engineering. While attending the University, he fell deeply in love with Jean Ryan, and they were married in 1949. They welcomed six children: Lynne (Dennis) Gort, Mary, Jon (Brenna) Gabrielson, Jim, Nancy, and Peggy (Mike) May. Reidar worked for ITT in Nutley, NJ, and Station KCJB in Minot, ND, before relocating to Scottsdale in 1951. He worked for Motorola for 20 years, and was the inventor and co-inventor of three patents. In 1971, Reidar became a founding partner of Engineered Systems, Inc., and retired in 1986. In 1984, he married Kathy Watson, and acquired three more children: Rochelle (Brian) Hoekstra, Renee (Tim) Tavani, and Scott Watson. Having a beautiful tenor voice, Reidar sang in the Choir at OLPH for over fifty years. He was a member of the Men's Club, the American Legion, Veterans of Foreign Wars, Lifetime Member of the Sons of Norway, Institute of Electrical and Electronic Engineering, and the Pioneers of Amateur Wireless Club. He was an avid golfer, ham radio operator, completed a solo flight in a glider, and took piano lessons at age 90. In addition to his first wife, his daughter, and his parents, he was predeceased by seven siblings: Olaf, Conrad, Henry, Floyd, Alice Fink, Nancy Maryland, and Margaret Zins; brother-in-laws James Ryan and Donald Haugen; sister-in-laws Margaret Rodewald and Helen Seyer. He is survived by his loving and devoted wife of 34 years, Kathy; eight children; and ten grandchildren: Heather (Mick) Mullins, Nancy (Doug) Czachor, Ryan (Rachel) Gabrielson, Lynne Gabrielson, Christopher and Sean May, Catherine and Christine Hoekstra, Jonathan and Jennifer Tavani, and five great-grandchildren; sister-in-law Phyllis Gabrielson of Appleton, WI; brothers-in-law Bill Haugen and Harry (Ellie) Haugen of Scottsdale, and many loving nieces and nephews. He was a good and kind man; a man with a generous spirit; a man of dignity and honor. He was my husband. "I have fought the good fight, I have finished the race. I have kept the faith." 2 Timothy 4:6-8. Visitation will be from 5-8pm Friday, May 3rd at Messinger Mortuary, 7601 E. Indian School Road, Scottsdale with a Rosary at 7pm. A Funeral Mass will be 10am Saturday, May 4th at Our Lady of Perpetual Help, 7655 E. Main Street, Scottsdale. Interment with Military Honors will take place immediately following the Mass at St. Francis Cemetery and then all are invited to a reception at Messinger's Courtyard Reception Room.

MEMBERSHIP MATTERS by Sherrie Loomis, Membership Secretary

We would like to welcome two new members who joined Desert Fjord Lodge in March 2019. The new members are Randy and Peggy Wensman of Scottsdale. We also received four new members in April, thanks to our *Scandinavian Viking*



Festival in March. The new members are Shereen Marino, Cheleen Olbekson-Jones, Toni Marie Solberg, and Donna Guhse. We are so happy to have them in our Lodge. When you see them at our monthly meetings, please introduce yourself and get to know them.

One of our longtime members, Reidar Gabrielson, passed away on April 28th at the age of 95. **Visitation** is **May 3rd**, 5:00 - 8:00pm at Messinger Mortuary, 7601 E Indian School Rd, Scottsdale; **Funeral Mass** is **May 4th**, 10:00am, at Our Lady of Perpetual Help Catholic Church, 7655 E Main St, Scottsdale. Reidar was a loving husband, devoted father of 9, and a proud Norwegian and *Life Member* of Desert Fjord Lodge. He served in the Pacific in the Armed Forces Radio Service 1943—1946. He Moved to Scottsdale in 1951 where he worked for 20 years at Motorola. RIP Reidar.

May Birthdays

Kathleen G Rice	3rd
Vernon H Dahlke	7th
Roxanne McLaughlin	7th
Kenneth M Westby	11th
Laura J Riddle	13th
Janis S Johnson	15th
Emily McLaughlin	17th



Knut Haldorsen	20th
Jonathan Walters	20th
Janice E Haldorsen	25th
Marissa F Boyles *	26th
Susan W McClinton	27th
Shannon Prondzinski	28th
Jimmy D Rice	29th

* Heritage Member

Gratulerer Med Dagen – Happy Birthday !!

Desert Fjord Business Meeting
4140 N Miller Road, Scottsdale, AZ
April 6, 2019

Meeting: The business meeting was held at the Scottsdale Methodist Church and was opened by Jonathan Walters at 1:08 PM.

Attendees: Jonathan Walters, Janis Johnson, Arlys Medicott, Sherrie Loomis, Ed Bergo and Ross Berg.

Secretary's Report: Janis moved and Ross seconded accepting the minutes of the February and March meetings. The motion carried.

Treasurer's Report: Janis gave her Treasurer's report. \$1200 is now set aside for the District Six convention in 2020. Our checking account balance is about \$1,500. Jan talked to Corrie Knudsen and learned that we will earn about \$1,300 from our two Foundation Funds. The General Fund account currently has \$19,763 in it.

Scholarship Committee: Ross and the committee want to have Headquarters receive the applications and do the evaluation process. Ross suggests creating guidelines as to how recipients acknowledge having received and used the scholarship money.

Heritage and Culture Meeting: Nina Poe will do a presentation about celebrating Easter in Norway. We will add 50:50 raffle to this meeting.

Membership: Sherrie will get together with Nina Poe to review Nina's suggestions on interacting with new members. These were mentioned at the March Business Meeting. We have 5 new members according to Sherrie – Cheleen Olbekson-Jones, Shereen Marino, Toni Marie Solberg and Peggy and Randy Wensman. She also reported that we have 2 pages of names and contact information of potential new members from the Viking Festival. Sherrie is working on a follow up process.

Library: Arlys has become the President of Overtro Fjell and will no longer be our Librarian. We are seeking a replacement for her. She has served in that position for three years and we really appreciate her doing that. Janis offered to write book reviews for the Posten.

Viking Festival: Jan is starting to plan for a 2020 event. The success of this year's event suggests that it would be useful to repeat. The Stoughton Dancers were a real attraction, so we will need to find something to promote next year's event. Scottsdale Methodist Church plus other locations are being considered for 2020. There will be a table charge plus several other changes. Several exhibitors have indicated an interest in participating again next year.

Scholarship Committee: Ross suggests withdrawing \$2,000 plus the value of 2 stipends for Camp Norge etc. He and Janis described that the income for 2019 as about \$1,300. Therefore, we would need to withdraw additional money from the General Fund. A motion was approved to withdraw \$800 from the General Fund in addition to utilizing the expected revenue of \$1,300 for this year's awards. Foundation Directors, Gordy Peterson and Paul Lindbloom will be asked to join the Scholarship Committee. We need to determine whether member contributions could be used to augment scholarship money. Ross will work with Corrie Knudson to get checks written for the 2019 awards.

A motion was made to adjourn the meeting by Ed and seconded by Sherrie at 2:10 PM.

The next business meeting will be on May 4th to finalize plans for the Syttende Mai picnic.

Respectfully submitted, Ed Bergo, Acting Secretary

April 11, 2019



17th of May Celebration – Come Join Us!

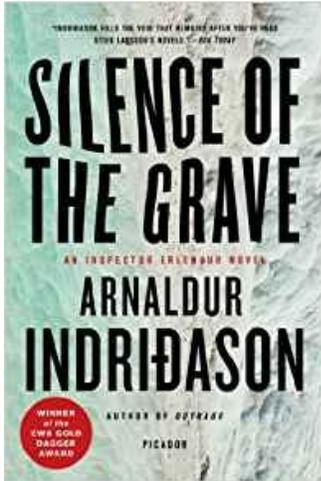
... on Saturday, May 11 | 9:00 AM

McCormick-Stillman Railroad Park

7301 E. Indian Bend Rd., Scottsdale, AZ 85250

Show your Norwegian spirit and join us as we celebrate Norway's national day! For this special holiday, all the local Norwegian clubs come together to put on a family-friendly potluck brunch event in honor of Norwegian Constitution Day. This FREE event will be full of food, fun, bunader, children's games -- and of course a traditional 17th of May parade! Bring your Norwegian flags, your good spirits, and a dish to share.

LIBRARY CORNER



A Book Review

by

Janis Johnson

“*Silence of the Grave*” by Icelandic writer Arnaldur Indridason is a thrilling mystery about the investigation of a missing person—perhaps someone once lost in the snow and who has laid peacefully buried for decades. Downtrodden detective Erlendur has crumbling family relationships as he needs to weave through the years of secrets. The author is an excellent writer which makes this story in Iceland very exciting.

This book is available for check out from our great library.

District Six President: Luella Grangaard

District Six is made up of the following states:

Arizona, Colorado, Nevada, New Mexico, Utah and Hawaii
- Website: www.sofn6.org

Facebook:

<https://www.facebook.com/groups/377019032437840/>

Zone Seven Director: Benny Jo Hinchey

Zone Seven is made up of lodges in the following states:

Arizona: Scottsdale #133-Desert Fjord; Sun City #134-Sol Byer; Mesa #153-Overtro Fjell; Flagstaff #167- Nordic Pines; and Yuma #168-Sola

Utah: Salt Lake City #83-Leif Erikson

OTHER SONS OF NORWAY LODGES IN ARIZONA

Nordic Pines 6-167 - 3rd Sunday, Family

Resource Ctr., Flagstaff, AZ

Overtro Fjell 6-153 - 3rd Saturday

at 11:00 am, St Peter Lutheran Church,

1844 E Dana Ave, Mesa, AZ

Sola 6-168 - 3rd Tuesday at 7:00 pm,

Faith Lutheran Church,

2215 S. 8th Ave., Yuma, AZ

Sol Byer 6-134 - 3rd Saturday at

11:00 am, Elks Lodge, 10760 Union

Hills Dr., Sun City, AZ

LODGES IN OTHER STATES

Go to: <https://members.sofn.com/lodgeDirectory/>

Most post their monthly newsletter

on their lodge website.

OTHER CONTACTS

Honorary Norwegian Consul:

Alex Boemark



Officers of Desert Fjord Lodge

President: Jonathan Walters— (347) 801-3345

Vice-President: Jan Loomis— (602) 617-7542

Secretary: Phyllis Bergo

Treasurer: Janis Johnson— janisjoan41@gmail.com

Auditors: Dirk Walter and Floyd Downs

Box Tops for Education:

Counselor: Ed Bergo

Cultural Directors: Jana Peterson, Nina Poe, Laurie Peterson

Desert Fjord Boutique: Ali Berg-Anderson

Distribution: Janis Johnson

Education and Scholarships: Elizabeth Lenci-Downs, Ross Berg, Nina Poe

Foundation Directors: Gordon Peterson, Paul Lindbloom

Greeters: Floyd Downs and Ross Berg

Historian:

Librarian: Elizabeth Lenci-Downs

Marshals: Knut Haldorsen and Peter Flanders

Membership Secretary: Sherrie Loomis—(480) 786-4232

Posten Editor: Laura K. Ontiveros— (602) 694-0532

Publicity Director/Public Relations: Janis Johnson

Reservations: Phyllis Bergo (480) 812-9762

Social Directors: Berit Miltun— (480) 966-2009, Nellie Lokken

Sports:

Sunshine: Dawn Walter— (480) 860-9192

Trustees: (1yr) K Haldorsen; (2yr) P Flanders; (3yr) Norm Jenson

Tubfrim: Lois Ripley and Lois Saakas

Webmaster: Jan Loomis

S P R I N G

Now that I have a ceiling again, it's finally spring! Spring is a time of year for renewal. For some, it means spring cleaning; for others, it's new everything: new clothes, a new car, a new paint job, etc.

With all of this newness, don't take for granted the old standbys—whether it be a familiar recipe, a favorite book, or seeing old friends.

Life can be unpredictable, but it's a wonderful and crazy ride.



"Like" us on Facebook to receive interesting Desert Fjord Lodge and Sons of Norway, District Six newsfeeds.

Control+ Left Click on this link:

<https://www.facebook.com/Desert-Fjord-Lodge-6-133-Sons-of-Norway-563052183744742/>

Mission Statement:

To promote and to preserve the heritage and culture of Norway; to celebrate our relationship with other Nordic Countries; and to provide quality insurance and financial products for our members.

FROM:

Desert Fjord Lodge, Sons of Norway

P.O. Box 1716

Scottsdale AZ 85252-1716

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Sons of Norway International Headquarters Website:

<https://www.sofn.com/>

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<http://www.boxtops4education.com/participating-products>